

Supportive Group Therapy: Its Effects on Depression, Self-Esteem and Quality of Life Among Institutionalized Elderly

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Abstract : Aims: In the Philippines, there has been an astronomical increase in the population of elderly sent to nursing home facilities which has been studied to induce despair and loss of self-worth. Nurses in institutionalized facilities generally care for the elderly. Although supportive group therapy has been explored to mend this psychological disparity, nursing research has limited published studies about this in the institutionalized setting. Hence, the study determined the effectiveness of supportive group therapy in depression, self-esteem and quality of life among institutionalized elderly. Methodology: A one-group pre-test-post-test design was conducted among 20-purposively selected institutionalized elderly after the Ethics Research Board approval. All eligible participants underwent the supportive group therapy after being subdivided into session groups. The Geriatric Depression Scale, which has a Cronbach's alpha coefficient of 0.90; the Rosenberg Self-Esteem, which has a Cronbach's alpha coefficient = 0.84; and the Older People Quality of Life, which has a Cronbach's alpha coefficient = 0.88, were utilized to measure depression, self-esteem, and quality of life, respectively. Descriptive statistics and Repeated Measures-Multivariate Analysis of Variance (RM-MANOVA) analyzed gathered data. Results: Results showed that the supportive group therapy significantly decreased post-test depression scores ($F(1,19)=78.69, p=0.0001, \text{partial } \eta^2=0.805$), significantly improved post-test self-esteem score ($F(1,19)=28.07, p=0.0001, \text{partial } \eta^2=0.596$), and significantly increased the post-test quality of life ($F(1,19)=79.73, p=0.0001, \text{partial } \eta^2=0.808$) after the intervention has been rendered. Conclusion: Supportive group therapy is effective in alleviating depression and in improving self-esteem and quality of life among institutionalized elderly and can be utilized by nursing homes as an intervention to improve the over-all psychosocial status of elderly patients.

Keywords : supportive group therapy, institutionalized elderly, depression, self-esteem, quality of life

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